

ABSTRACT

There are provided an optical module in which an assembling process of its optical coupling part can be simplified, and a method of assembling the optical module. After a surface light receiving type or a surface light emitting type optical element has been mounted on a substrate, in case of mounting an optical fiber array to the substrate with a spacer or spacers interposed between the substrate and the optical fiber array, the optical fiber array is mounted and fixed to the substrate with the spacer or spacers interposed therebetween while alignment between a plurality of light receiving elements or light emitting elements of the optical element and the end surfaces of a plurality of optical fibers of the optical fiber array is being carried out by image recognition thereof.